

Abstract

It is intended to provide a food for testing life style-related diseases which is in the form of a food easy to ingest, differing from the existing medicines such as Trelan G, and makes it possible to simultaneously and easily perform a glucose tolerance test and examine oral glucose tolerance, hyperlipemia after meal and so on. Namely, a test food for testing metabolic factors causing life style-related diseases which contains 100 parts by weight of carbohydrate and from 20 to 40 parts by weight of fat. It contains from 73 to 77 g of carbohydrate and from 15 to 30 g of fat, in terms of a single test dose, and provides from 460 to 600 kcal. This test food is usable in testing many items for diabetes, obesity, circulatory diseases, hyperlipemia, hyperuricemia, hyperinsulinemia and hypertension.